



# PIEDRAS PINTADAS & BERNARDO BAY TRAILS

## For your safety and the preservation of sensitive habitat...

- Please stay on designated trails and obey posted information.
- Dogs are welcome and must be on leash at all times. Dogs are not permitted within 50 feet of the lake shore. Please pick up after your pet!
- Open fires and smoking are prohibited.
- Overnight camping is prohibited and overnight parking is not permitted in staging areas.
- Possession of firearms or other weapons is prohibited.
- Permits are required for fishing and boating on Lake Hodges. Please contact the Lakes Office at (619) 668-2050 for more information about reservoir recreation.

There are no facilities on the trails. Please remember to bring along enough water for you and your canine companion.

The staging area and trails are open from sunrise to sunset.

The Piedras Pintadas and Bernardo Bay Trails are not open to equestrians.

**IMPORTANT MESSAGE:** San Dieguito River Park trails and activities are limited to public lands and private lands whose owners have given written consent. Inclusion in the Park's Focused Planning Area in no way affects the property rights of the owner. Private property may not be entered without the owner's permission. Trespassers may be subject to prosecution.

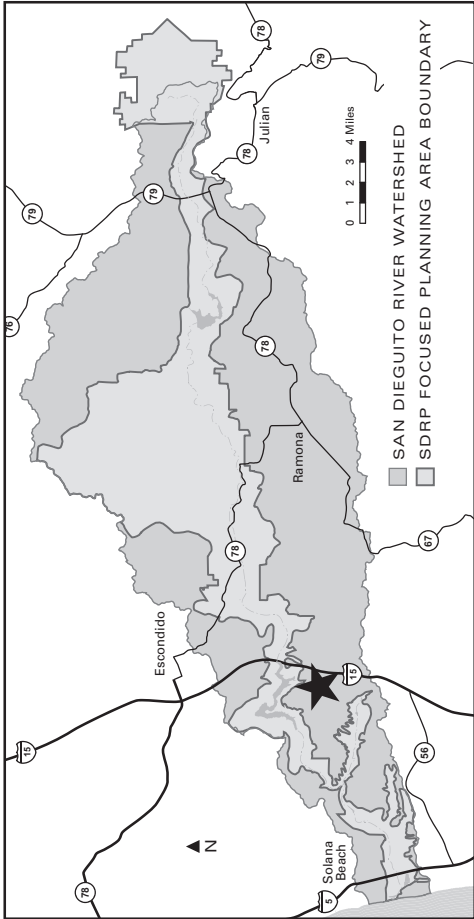
Established in 1989, the 92,000-acre San Dieguito River Park provides nature enthusiasts with striking examples of San Diego County's natural landscape from the Pacific coast to the Pacific Crest. Learn more at [www.sdrp.org](http://www.sdrp.org).

*Enjoy your visit!*

*Trails of the San Dieguito River Park*



## Park Overview



San Dieguito River Park Office  
18372 Sycamore Creek Road  
Escondido, California 92025  
(858) 674-2270  
[www.sdrp.org](http://www.sdrp.org)

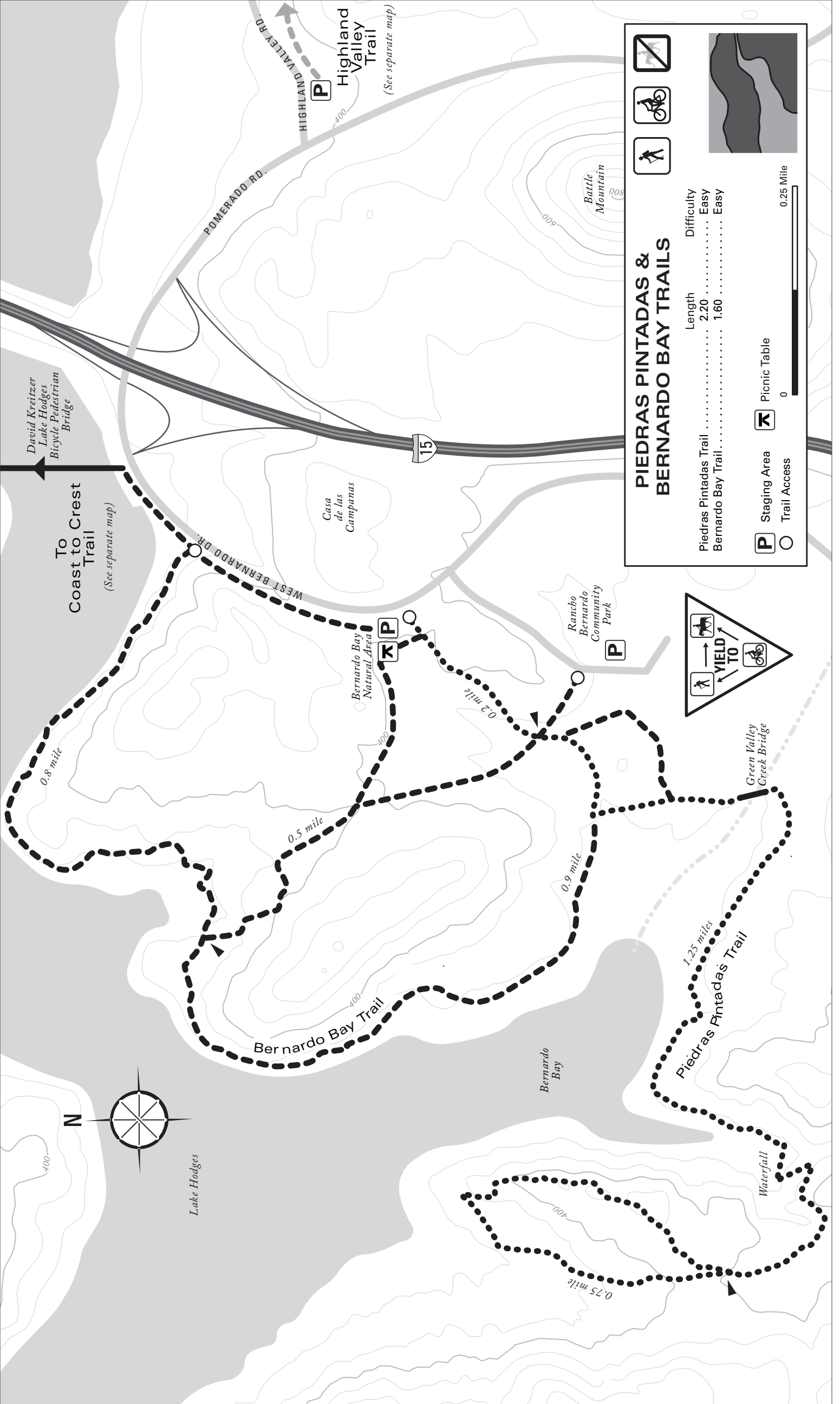
## About the Trails

The name Piedras Pintadas, meaning “painted rocks”, pays tribute to the remarkable rock art that was created in the Rancho Bernardo area by the Kumeyaay some 500–1000 years ago. The Kumeyaay were semi-nomadic and extremely knowledgeable managers of the natural resources they depended on for food, clothing, medicines and shelter. They were intimately connected to the land and its plants and animals. Information about the culture and resource management techniques of the Kumeyaay who lived in this area for thousands of years is provided on a series of interpretive panels along the Piedras Pintadas trail.

The Bernardo Bay Trail provides a wonderful opportunity to observe hundreds of species of resident and migratory birds at Lake Hodges, designated a globally Important Bird Area in 1999. The reservoir, created when the San Dieguito River was dammed in 1918, is now a critical stop-over for migratory birds on the Pacific Flyway. The hillsides around the lake are dominated by coastal sage scrub and recognized as one of the largest, and last, strongholds of the federally-threatened California gnatcatcher.

The protection and interpretation of the cultural resources in this area would not have been possible without the cooperation and assistance of the San Pasqual Band of Mission Indians. Because of the sensitive nature of the art and artifacts here and their great significance to the Kumeyaay, your respect for these resources is greatly appreciated—please stay on designated trails.

*For maps and information about all the trails in the San Dieguito River Park, visit [www.sdrp.org](http://www.sdrp.org).*



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Lake Hodges

Bernardo Bay Trail

Bernardo Bay

Piedras Pintadas Trail

Waterfall

Green Valley Creek Bridge

0.9 mile

0.2 mile

0.5 mile

0.8 mile

Bernardo Bay Natural Area

Casa de las Campanas

Rancho Bernardo Community Park

Battle Mountain

POMERADO RD.

HIGHLAND VALLEY RD.

Highland Valley Trail

(See separate map)

To Crest Trail

(See separate map)

David Kreitzer Lake Hodges Bicycle Pedestrian Bridge